

The Metered-Dose Inhaler

WITH SPACER



1. Shake the inhaler for 5 seconds to mix the medicine. Remove the cap from the mouthpiece.
2. Place the inhaler mouthpiece onto one end of the spacer. Hold the inhaler between your index finger and thumb. Stand up, take a deep breath and breathe out as much as you can.
3. Put the end of the spacer into your mouth, between your teeth and above your tongue. Close your lips around the spacer.
4. Press down on the inhaler to release the spray, and begin to breathe in through your mouth. Breathe in deeply and slowly to pull the medicine deep into your lungs. If you breathe in too quickly, the medicine will hit the back of your throat and will not reach your lungs.
5. Hold your breath for 5 to 10 seconds—as long as you comfortably can, with your mouth closed.
6. Breathe out slowly through your mouth. If you breathe out too quickly, the medicine will not settle into your lungs.
7. Wait 1 minute before taking a second puff, if so directed. Repeat steps 1 through 6 if taking a second puff.